



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

IT'S THE SUMMER TO DISCOVER



Grand Traverse Bay YMCA

3000 Racquet Club Drive, Traverse City, MI 49684

www.gtbayymca.org info@gtbayymca.org

933-YMCA (9622)

SPRING & SUMMER 2011

Updated: May 18, 2011



YMCA Board of Directors

Michael Casuscelli	Denny Lauterbach	Lynn Schultz
Nick Edson	Jay Lerner	Jonathan Spaner
Jill Fenton-Jones	Tina Piotrowski	Bill Stone
David Gabel	Kim Pontius	Rita Whaley
Hank Johnson	John Russell	Greg Williams
Marc Judge		Ron Williamson

YMCA Staff

Tom Van Deinse - CEO
Barb Beckett - Sports Program Director
Linda Doornbos - Accountant
Dave Eitland - Development & Marketing Director
Tony Letizio - Maintenance Director
Dagny Monette - Child Care, Family, Camps Director
Katie Winslow - Teens, Facilities Rentals, Day Camp Supervisor
Betsy Van Deinse - Gymnastics Supervisor
Joseph Van Deinse - Tennis



Y Main Facility, 3000 Racquet Club Drive
 933-9622
www.qtbayymca.org

The Grand Traverse Bay YMCA also employs over 200 part-time staff and 350 volunteers for over 65 programs.

Building Hours: Memorial Day to Labor Day

Monday – Friday	6:00 am – 9:00 pm
Saturday	8:00 am – 12:00 pm
Sunday	Closed

Labor Day to Memorial Day

Monday – Friday	6:00 am – 9:00 pm
Saturday	8:00 am – 6:00 pm
Sunday	1:00 pm – 9:00 pm

2011 Facilities Closings:

Jan 1 - New Year's Day	Sep 5 - Labor Day
Apr 24 - Easter Sunday	Nov 24 - Thanksgiving Day
May 30 - Memorial Day	Dec 25 - Christmas Day
July 4 - Independence Day	

Christmas Eve and New Year's Eve: OPEN 6:00am - 3:00pm

Financial Aid & Scholarships

The Grand Traverse Bay YMCA is a 501(c)(3) not-for-profit charitable organization. We depend on membership fees, program fees, & contributions in order to provide our services to the community. It is our philosophy to never deny our services to youth and families because of inability to pay. Check out website at www.qtbayymca.org

Admittance

- * Members and guests must sign-in at the front desk.
- * A YMCA Membership card or photo ID is required.
- * Children grades 6 and under must be supervised by an adult or be a participant in a YMCA program.



Y Gymnastics Center, 1100 Woodmere, Ste A
 929-2869



Y Early Childhood Center,
 1100 Woodmere, Ste B, 421-3568



New YMCA,
 3700 Silver Lake Road
www.4good4ever.org 935-4066



www.qtbayymca.org

newsqtbayymca.blogspot.com

FOR SOCIAL RESPONSIBILITY MEMBERSHIP

It's more than just a membership ... It's the Y!



Being a member of the Grand Traverse Bay YMCA is unlike any health club membership. The Y brings families and friends of all ages together in a healthy, fun environment that builds body, mind and spirit!

Whether you participate in one or many of our youth sports, adult fitness classes, senior league play, or popular Family Fun Nights, you'll appreciate the variety of activities we offer to our members.

IT PAYS TO BE A MEMBER OF THE Y!

While we encourage use of the YMCA by the whole community, those who choose to become members are part of a worldwide movement dedicated to youth development, healthy living and social responsibility! Members also enjoy many perks, including:

- Free indoor tennis, 6-8 a.m., M - F
- Ability to reserve courts
- Free fitness classes
- Free access to cardio area
- Free circuit-training room
- Free drop-in basketball
- Free or reduced rates on more than 65 programs!
- Free outdoor tennis
- Free racquetball
- Free Family Fun Nights
- Free teen dances
- Free WiFi & coffee in the lobby
- Free drop-in child watch
- Free lockers and towel service #

You'll be welcomed at more than 1,000 YMCAs nationwide through the YMCA AWAY program! Contact individual YMCAs for individual program terms.

2011 DAY-PASS RATES**

Youth: \$5
Adults: \$10
Family: \$15

2011 CAMP & CHILD CARE PROGRAM MEMBERSHIP RATES

\$25/YEAR

ALLOWS FAMILIES ACCESS TO SELECTED YMCA PROGRAMS

\$25/YEAR

ALLOWS INDIVIDUALS ACCESS TO SELECTED YMCA PROGRAMS

**Day Passes are limited to 3 uses per year.

Bank Draft Policy

Bank draft is automatically renewed on an ongoing basis. A 30-day written notice and return of membership cards are required to cancel a membership. Automatic withdrawals are made on your local checking or savings account on the 1st or 15th of each month. The initial payment of Joiner Fee plus one month membership fee is non-refundable. The first debit can be expected within 30 days of purchase. The YMCA reserves the right to cancel any bank draft, and deny future bank drafts, due to insufficient funds.

2011 FACILITY MEMBERSHIP RATES*

JOINER FEE		MONTHLY BANK DRAFT	MONTH-TO-MONTH NON-BANK DRAFT <small>Includes joiner fee</small>	6 MONTH OPTION <small>Includes joiner fee</small>	ANNUAL
\$50	YOUTH AGES 18 & UNDER	\$17	\$49	\$152	\$204
\$50	SENIOR AGES 60 & OLDER	\$27	\$69	\$212	\$324
\$50	ADULT AGES 19-59	\$32	\$79	\$242	\$384
\$50	ADULT COUPLE AS DEFINED BY THE IRS	\$42	\$99	\$302	\$504
\$50	FAMILY AC & DEPENDENTS	\$47	\$109	\$332	\$564

Late Fees

A late fee of \$10 will be charged for all payments made after the registration deadline for all programs (includes programs with player fees) and to all late membership renewals. The late fee is non-refundable and will not be included in any program credit as per the Program Refund Policy. NSF or returned checks will have a \$20 fee added.

Notice: all lockers are for day use only. Locks left on over-night will be removed and all contents discarded immediately.

*Visit www.gtbayymca.org for rate details and restrictions. Rates & fees subject to change without notice.

FOR YOUTH DEVELOPMENT Y DAY CAMP

Registration Night
Friday, May 6, 6 pm!
Y Main Facility

Registration Fee
waived until May 27!

YMCA Day Camp site is located at 3000 Racquet Club Drive in Traverse City on our **40 acre wooded site**. In our 26th year, Y Day Camp will run 12 weeks from **June 13 to September 2, 2011**. Camp opens at 6:30 am and closes at 6:00 pm, Monday – Friday.



YMCA Day Camp is a 12-week day camp program and a fun place for children to meet new friends, learn new games and activities, and enjoy the wonderful outdoor fields, camp sites, and 40 acre woods at the Grand Traverse Bay YMCA site.

Y Summer Camp has 5 different camps:

Young Explorers: 3 –4 years/located at Y Early Childhood Center

K Camp: entering Kindergarten

Traditional Camp: Groups 1–5, entering 1st–5th grade

Specialty Camp: Sports Camp & Art Camp, 4th–6th grade

Leader's Club: 7–9th graders

**LOOK FOR THE Y SUMMER
DAY CAMP BROCHURE FOR
SPECIFIC INFORMATION,
DATES, AND PRICES!**

The 12-weeks of camp are theme-based and have activities, projects and field trips around that theme. One of our most popular, "Splashtacular", is a water theme, and all age groups will participate in water activities, games, beach field trip, Pirate's Cove or Great Wolf Lodge. Be sure to bring extra clothing, bathing suit, and a towel that week!

YMCA Summer Camp is a fully licensed program for 5–15 years of age. The program has quality counselors to care and challenge each camper with character development, as well as model our 4-Core Values of Honesty, Caring, Respect, and Responsibility.



For more information contact Dagny Monette, Y Child & Family Director at dagny@qtbayymca.org, 421-3568
or Katie Winslow, Y Camp Supervisor at camp@qtbayymca.org, 933-9622 or visit www.qtbayymca.org

FOR YOUTH DEVELOPMENT

Y SCHOOL'S OUT PROGRAM

Y SPRING & CHRISTMAS BREAK CAMP

Y CHILD CARE

SPRING & CHRISTMAS BREAK CAMP

During regular scheduled TCAPS the Y provides camps in a values-based, fun setting.

Spring Break Camp 2011: Mar 28 - 31, Apr 1

Y Member Fee: \$16/day

Non-member Fee: \$25/day

Christmas Break Camp 2011: Dec 23, Dec 26-30, Jan 2

Y Member Fee: \$16/day

Non-member Fee: \$25/day

Y CHILD CARE

YMCA Child Care offers full-time and part-time programs for infant through Pre-K age groups that provide high quality care, professional and experienced staff, and structured and valuable learning. The Y understands the ins and outs of each developmental process and tailors programs to teach the model 4-Core Values of Honesty, Caring, Respect and Responsibility. Our Creative Curriculum allows for maximum use of imagination, and we use Group Publications for our Christian-based curriculum. Y Child Care fosters a warm, inviting, family-friendly environment with everyday interactions among parents, staff, and children.

Location: YMCA Early Childhood Center

1100 Woodmere, Ste. B, Traverse City

Dates: Mon - Fri

Times: 6:30 am - 6:00 pm

Y Member Fee:

\$170/wk for infants - 2 years

\$145/wk for 3 - 5 years

Non-member Fee:

\$175/wk for infants - 2 years

\$150/wk for 3 - 5 years

\$25 program registration

Partial week options available. Contact Dagny at 421-3568 for more information. *Financial assistance maybe available through the YMCA or Angel Foundation. Call 421-3568 for more information.*

All Y Child Care Programs accept DHS or have Y scholarship assistance available. Enrollment and health forms are required for each child to enter the programs. The forms may be accessed at www.gtbayymca.org. Y Child Care Programs are NOT Drop-In!



Y SCHOOL'S OUT

On days when TCAPS is not in session for full days, breaks, or snow days, the YMCA offers programming for school age children called **Y School's Out**.

The program is located at the main YMCA and students can spend the day in a safe and fun environment playing sports, challenging their friends to board games, testing their virtual skills on the Wii console, creating art projects, and much more. Each child is to bring a sack lunch/beverage (no candy/pop), and an afternoon snack is provided.

Location: YMCA Main Facility

3000 Racquet Club Dr, Traverse City

Dates: Snow Days or TCAPS scheduled days off

Times: 6:30 am to 6:00 pm

Y Member Fee: \$16/full day, \$10 half day

Non-member fee: \$25/full day, \$20 half day

FOR YOUTH DEVELOPMENT

Y BASKETBALL SKILLS & TOURNAMENTS

Y LACROSSE SKILLS, LEAGUES, & VARSITY TEAMS

Y BEACH VOLLEYBALL

SKILLS

BASKETBALL SKILLS PROGRAM

Well rounded skills program where children learn this popular sport in the context of the YMCA's four core values of Caring, Honesty, Respect, and Responsibility. Kids should bring a water bottle. For children in grades 1 - 4.

Location: YMCA Main Facility, 3000 Racquet Club Dr

Dates/Sessions: Wed, Jun 15 - Jul 20

Registration Deadline: Wed, Jun 8

Y Member Fee: \$25

Non-member fee: \$60

TOURNAMENTS

"MIDNIGHT MADNESS"

3-ON-3 BASKETBALL TOURNAMENT

For boys and girls in grades 5-9. Every player gets a t-shirt. This is the biggest and best BB event in the TC area! Must register as a team.

Location: Traverse City local gyms

Dates/Sessions: Mar 18

Times: 5:00 pm

Registration Deadline: Mar 11

Fee: \$120 per team of 3 or 4 players

"HOLIDAY CLASSIC"

3-ON-3 BASKETBALL TOURNAMENT

Must register as a team. Every player gets a t-shirt. Divisions for grades 3, 4 & 5, and 6

Location: YMCA Main Facility, 3000 Racquet Club Dr

Dates/Sessions: Dec 17

Times: 1:30 pm

Registration Deadline: Dec 9

Fee: \$120 per team of 3 or 4 players

"THE BLIZZARD"

5-ON-5 BOYS BASKETBALL TOURNAMENT

Must register as a team. For boys in grades 7 and 8. Every player gets a t-shirt.

Location: Traverse City local gyms

Dates/Sessions: Jan 28, 2012

Times: 9:00 am

Registration Deadline: Jan 18, 2012

Fee: \$200 per team

Y LACROSSE SKILLS WORKSHOPS

This is a basic learning program with instructional practices and scrimmages. No experience necessary. Get ready for the Spring Leagues in April. Gym shoes, a stick and gloves required.

Location: YMCA Main Facility, 3000 Racquet Club Dr

Dates/Sessions: Feb 14 - Mar 21

Times:

Grades 1 - 6 on Mon 5:00 - 6:00 pm

Grades 7 - 8 on Mon 6:00 - 7:30 pm

Registration Deadline: Feb 11

Y Member Fee: \$35

Non-member fee: \$70

LACROSSE LEAGUES

The fastest sport on two feet. Lacrosse hand-eye coordination, running, teamwork, fitness, rules, safety, proper competition, and Y four core values ... it's all covered! Bring stick, gloves, helmet.

You MUST have proper protective gear to play!

Location: YMCA Main Facility, New Y fields, and TC area fields

Dates/Sessions: Week of Apr 4 to Week of May 23

Times:

Grades 1 - 4

Grades 5 & 6

Grades 7 & 8

Registration Deadline: Mar 15

Fees:

Grades 1 - 4 League Y members: \$35 Non-members: \$70

Grades 5 & 6 League Y members: \$55 Non-members: \$90

Grades 7 & 8 League Y members: \$55 Non-members: \$90

LACROSSE VARSITY TEAMS

The Grand Traverse Bay YMCA will be handling the registration for the Grand Traverse Lacrosse Association. Obtain a registration form from your coach or at the Y.

Contact Commissioner Beckett for more information at 933-9622.

Y BEACH VOLLEYBALL SKILLS

The Grand Traverse Bay YMCA is proud to offer beach volleyball. This program is for people in grades 5 - 7. This program is a great way for players to further develop their volleyball skills. Each practice will include: ball control, game strategy, team play, a strong emphasis on fundamental skills, and strength and conditioning.

Location: YMCA Main Facility

Dates/Sessions: Wednesdays, June 15 - July 20 (6 weeks)

Times: 5:30 - 7:00 pm

Registration Deadline: June 8

Y Member Fee: \$25 **Non-member fee:** \$60

Y KINDERKICKERS

For boys and girls in preschool, 3 - 5 year olds. Learn the basics of soccer in a non-competitive, fun, and supporting atmosphere. Safety, skills, and teamwork are the focus. Class meets outdoors unless weather demands a move inside. Parents are encouraged to get involved in class exercises.

Location: YMCA Main Facility

Dates/Sessions: Wed, Jun 15 - Jul 20 (6 weeks)

Times: 4:30 - 5:30 pm

Registration Deadline: Jun 8

Y Member Fee: \$25

Non-member fee: \$60

Y YOUTH SPRING SOCCER LEAGUES

These coed recreational leagues emphasize fun and safety. For grades K-8. Six games on Saturday mornings with 2 games played midweek. We play on local fields. Teams are made by school and special request so you can play with your friends. Coaches are volunteers.

Location: Area Fields including the New Y Fields!

Dates/Sessions: Apr 16

Times: Sat, Tue & Thu evenings

Registration Deadline: Mar 21

Y Member Fee: \$25

Non-member fee: \$60

Y FLAG FOOTBALL

The YMCA offers the best flag football program for boys and girls. All equipment provided and all games officiated. All players get an award for participating. Coaches are volunteer parents. Bring water bottle and dress for weather. We play in rain or shine! Both divisions meet once per week for 6 weeks.

Location: Main Facility and New Y fields

Sessions:

Grades 2 & 3: Tue 5:00 - 7:00 pm,
Sep 13 - Oct 18

Grades 4 & 5: Thu 5:00 - 7:00 pm,
Sep 15 - Oct 20

Registration Deadline: Sep 9

Y Member Fee: \$25

Non-member Fee: \$60

FOR YOUTH DEVELOPMENT

Y KINDERKICKERS

Y SOCCER

Y POP WARNER FOOTBALL

Y FLAG FOOTBALL



Y YOUTH FALL SOCCER LEAGUES

These coed recreational leagues emphasize fun and safety. For grades K-8. Six games on Saturday mornings with 2 games played midweek. We play on local fields. Teams are made by school and special request so you can play with your friends. Coaches are volunteers.

Location: Area Fields including the New Y Fields!

Dates/Sessions: Begins Sep 17

Times: Sat, Tue & Thu evenings

Registration Deadline: Aug 26

Y Member Fee: \$25

Non-member fee: \$60

Y POP WARNER FOOTBALL

The YMCA offers the oldest and safest youth tackle football program for boys and girls, not to mention it's the 2nd largest Pop Warner program in the Midwest! This is a travel league that plays on Saturdays in the fall.

Junior Pee Wee: Ages 8 - 10 and 60 - 105 lbs.

Junior Midget: Ages 10 - 12 and 85-135 lbs.

Check with local associations for information on the Pop Warner Cheerleading program.

TRAVERSE CITY ONLY SIGN UP NIGHTS:

Apr 18, May 18, July 18

Check out Youth Football websites at: www.qtbayymca.org, www.tcyouthfootball.org, www.ymcafootball.com

Contact League Commissioner Barb Beckett at 231-933-9622

FOR YOUTH DEVELOPMENT GYMNASTICS

page 8

YMCA GYMNASTICS

1100 Woodmere, Suite A, Traverse City, MI 49686

Grand Traverse Bay YMCA Recreational Gymnastics classes will meet weekly for six weeks. PreTeam & Team classes are ongoing with monthly payment plan. Y Gymnastics will have final approval on class placement. Phone Y Gymnastics at 929-2869 with all gymnastics questions.

PARENTS PLEASE NOTE:

Y Gymnastics is a progressive program. To assure the best and safest coaching for your child and other children, class placement by our coaches is necessary.

Boys & Girls ages 1 - 3 (w/parent)

Y Members: \$25 non-Members: \$49
 ___ Tue 10:30 am ___ Wed 10:30 am
 ___ Thurs 10:00 am ___ Fri Noon
 ___ Sat 10:30 am (all classes 45 minutes)

Boys & Girls ages 3 - 4

Y Members: \$25 non-Members: \$49
(This class ONLY available to 3 year olds upon placement by a YMCA Gymnastics coach)

___ Mon 4:30 pm ___ Mon 5:30 pm
 ___ Tue 10:30 am ___ Tue 3:30 pm
 ___ Tue 4:30 pm ___ Tue 5:30 pm
 ___ Tue 6:30 pm ___ Wed 10:30 am
 ___ Wed 4:00 pm ___ Wed 5:00 pm
 ___ Wed 6:00 pm ___ Thurs 10:00 am
 ___ Thurs 3:30 pm ___ Thurs 4:30 pm
 ___ Thurs 5:30 pm ___ Thurs 6:30 pm
 ___ Fri Noon ___ Sat 11:30 am
 ___ Sat 12:30 pm (all classes 45 minutes)

Boys & Girls ages 5 - 6

Y Members: \$25 non-Members: \$49
 ___ Mon 4:30 pm ___ Mon 5:30 pm
 ___ Tue 10:30 am ___ Tue 3:30 pm
 ___ Tue 4:30 pm ___ Tue 5:30 pm
 ___ Tue 6:30 pm ___ Wed 10:30 am
 ___ Wed 4:00 pm ___ Wed 5:00 pm
 ___ Wed 6:00 pm ___ Thurs 10:00 am
 ___ Thurs 3:30 pm ___ Thurs 4:30 pm
 ___ Thurs 5:30 pm ___ Thurs 6:30 pm
 ___ Fri Noon ___ Sat 11:30 am
 ___ Sat 12:30 pm (all classes 45 minutes)

Boys Only ages 7 & up

Y Members: \$30 non-Members: \$54
 ___ Mon 4:30 pm ___ Wed 6:00 pm
 (all classes 55 minutes)

Beginner Girls ages 7 & up

Y Members: \$30 non-Members: \$54
(This class ONLY available to 7 year olds upon placement by a YMCA Gymnastics coach)
 ___ Mon 4:30 pm ___ Mon 5:30 pm
 ___ Mon 6:30 pm ___ Tue 4:30 pm
 ___ Tue 5:30 pm ___ Wed 5:00 pm
 ___ Wed 6:00 pm ___ Thurs 4:30 pm
 ___ Thurs 5:30 pm ___ Thurs 6:30 pm
 ___ Sat 10:30 am (all classes 55 minutes)

Int ages 6 & up 1 or 2 day s/week

1 day: Y Members: \$46 non-Members: \$70
 2 day: Y Members: \$76 non-Members: \$100
 (coach recommendation required)
 ___ Mon 5:30 pm ___ Tue 4:30 pm
 ___ Wed 5:00 pm ___ Thurs 4:30 pm
 ___ Sat 10:30 am (all classes 1hr 55min)

Advanced 1 or 2 days per week

1 day: Y Members: \$46 non-Members: \$70
 2 day: Y Members: \$76 non-Members: \$100
 (coach recommendation required)
 ___ Mon 5:30 pm ___ Tue 4:30 pm
 ___ Wed 6:00 pm ___ Thurs 4:30 pm
 ___ Sat 9:30 am (all classes 2 hours)

NEW Trampoline & Tumbling Class

Y Members: \$30 non-Members: \$54
 (must be intermediate level or above to register)
 ___ Mon 3:30 pm ___ Tue 6:30 pm
 ___ Wed 4:00 pm ___ Wed 7:00 pm
 ___ Thurs 6:30 pm (all classes 55 minutes)

Session dates:

Spring 1 (6 weeks) Week of Apr 4 - Week of May 9
 Spring 2 (4 weeks) Week of May 16 - Week of Jun 6
 Summer 1 (6 weeks) Week of Jun 20 - Week of July 25
 Summer 2 (4 weeks) Week of Aug 1 - Week of Aug 22
 Fall 1 (6 weeks) Week of Sep 12 - Week of Oct 17
 Fall 2 (6 weeks) Week of Oct 31 - Week of Dec 5
 Winter 1 (6 weeks) Week of Jan 2 - Week of Feb 6, 2012
 Winter 2 (6 weeks) Week of Feb 13 - Week of Mar 19, 2012

FUN MEET TEAMS

Pre-Team Levels 3-4 (4 hrs)

Y Members: \$66/mo non-Members: \$80/mo
 ___ Tues & Thurs 4:30 - 6:30 pm

Pre-Team Levels 3-4 (6 hrs)

Y Members: \$84/mo non-Members: \$98/mo
 ___ Tues & Thurs 4:30 - 7:30 pm

COMPETITION TEAMS

SAVE \$10 OFF listed rate for payments received before the 1st of each month. **ADD \$10** late fee to listed price for all payments received after the 5th of the month due.

Team Levels 4-5 (9 hrs)

Y Members: \$125/mo non-Members: \$139/mo
 ___ Tue, Wed, Thurs 4:30-7:30 pm

Team Level 5 (12 hr)

Y Members: \$145/mo non-Members: \$159/mo
 ___ Mon, Tue, Thurs 4:30-8:30

Team Levels 5-6 (16 hr)

Y Members: \$189/mo non-Members: \$203/mo
 ___ M,T,Th 4:30 - 8:30 pm, Sat 9:30 - 1:30

Team Levels 6-7 (20 hr)

Y Members: \$235/mo non-Members: \$249/mo
 ___ M,T,W,Th 4:30 - 8:30 pm, Sat 9:30 - 1:30

Team Levels 8-10 (24 hr)

Y Members: \$265/mo non-Members: \$279/mo
 ___ M-F 4:30 - 8:30 pm, Sat 9:30 - 1:30

Private Lessons

Y Members: \$36/hr
 non-Members: \$48/hr

Birthday parties available!
Private lessons available!

Check out our NEW 3,000 sq.ft.
 gym and the
Adrenaline Maze Bounce House!
 It's perfect for parties!

Call 929-2869 for details.





LEADERS CLUB

Leaders Club kids participate in special projects that challenge their character, provide them with skills to make good choices, and build positive self-esteem. The group grows close in friendship and builds a connection to be the very best they can be. We are in the process of forming a new Leaders Club at this YMCA.

Teens build relationships with the teen leaders who encourage them and provide opportunities and events that are fun and enjoyable for all interests. Some activities we are hoping to include in the upcoming year-round program are sledding, movies, and special game nights.

Each event will be chaperoned and parents are welcome to participate.

Check out the website at www.gtbayymca.org, or contact Katie Winslow at 933-9622 for scheduled events and to be added to the mailing list.

MICHIGAN YOUTH IN GOVERNMENT

Youth In Government is a program that reaches out to students in the Traverse City Public Schools and surrounding schools, such as Leland and Elk Rapids.

Students learn how government works, operates, and how the government/congress system functions to pass laws and legislation.

The entire group travels to Lansing and spends a week learning with actual hands-on experience at the State Capitol.

Check the website at www.gtbayymca.org, or contact Katie Winslow at 421-3568.

Location: Lansing

Dates: Mar 30 - Apr 3

Fee: \$345.00/ person plus a transportation fee.

FOR YOUTH DEVELOPMENT LEADERS CLUB MICHIGAN YOUTH IN GOVERNMENT TEEN DANCES YMCA BIRTHDAY PARTIES

TEEN DANCES

Teens can dance the night away, enjoy pizza, and get in a few games of 3-on-3 or P-I-G, with hundreds of their friends during the Teen Dances at the Grand Traverse Bay YMCA Main Facility.

The dance is open to students in grades 6, 7, 8 and the price includes three hours of dancing to music provided by a professional DJ, open gym, pizza and pop. Please consult the Teen Dance Code of Conduct on website <http://bit.ly/dSHpjb>

Location: YMCA Main Facility, 3000 Racquet Club Dr

Dates/Sessions: Sat, Mar 5, Apr 2, May 7, Aug 20, Sep 17 (No dance in June or July)

Y Member Fee: FREE

Non-member fee: \$8

Student ID is required to get into the dance!

Parents and volunteers are always welcome to chaperone the dances.

Check out the website at www.gtbayymca.org, or call at 933-9622.

YMCA BIRTHDAY PARTIES

Weekdays, evenings, or weekends we will gladly host a two-hour party. We will decorate the party room and provide all of the paper products. Parents provide cake, ice cream, and party favors if desired. Fun events including our new bounce house are run by our staff.

Fee: \$105 (up to 12 children), Additional children are \$2.00 each. Maximum of 20 children.

Make your reservations at 933-9622 for the Y Main Facility.

Special Gymnastics-themed parties also available at our gymnastics center. Call Betsy at 929-2869 to make your gymnastics birthday party reservation.

FOR YOUTH DEVELOPMENT Y YOUTH TENNIS



GRADES 6 – 8 GIRLS TEAM TENNIS

8 – 10 players/team by school but may be combined. Features one or more practices each week scheduled by team coach. A match against another team once each week.

Location: Y Main Facility, 3000 Racquet Club Dr

Dates/Sessions: Week of Apr 18 to Week of May 23

Times: 4:00 pm

Registration Deadline: Apr 11

Y Member Fee: \$25

Non-member fee: \$60

TOURNAMENTS

NMTA Midwest Qualifier Jun 10 – 12

Tournament participants must be USTA members.
Visit tournaments.usta.com for more information.

Session dates:

Spring 1 (6 weeks) Week of Apr 4 – Week of May 9
 Spring 2 (4 weeks) Week of May 16 – Week of Jun 6
 Summer 1 (6 weeks) Week of Jun 20 – Week of July 25
 Summer 2 (4 weeks) Week of Aug 1 – Week of Aug 22
 Fall 1 (6 weeks) Week of Sep 12 – Week of Oct 17
 Fall 2 (6 weeks) Week of Oct 31 – Week of Dec 5
 Winter 1 (6 weeks) Week of Jan 2 – Week of Feb 6, 2012
 Winter 2 (6 weeks) Week of Feb 13 – Week of Mar 19, 2012

YOUTH GROUP TENNIS LESSONS

___ Tots (ages 3-5) Tue 8:30 am – 9:00 am

Y Members: \$21/3 hrs Non-Members: \$36/3 hrs

___ Tots (ages 4-6) Sat 10:30 am – 11:00 am

Y Members: \$21/3 hrs Non-Members: \$36/3 hrs

___ Grades K-3 Sat 11:00 am – Noon

___ Grades K-3 Tue 4:00 pm – 5:00 pm

___ Grades K-3 Fri 4:00 pm – 5:00 pm

Y Members: \$42/6 hrs Non-Members: \$72/6 hrs

___ Grades 4-6 Sat Noon – 1:00 pm

___ Grades 4-6 Tue 4:00 pm – 5:00 pm

Y Members: \$42/6 hrs Non-Members: \$72/6 hrs

___ Grades 7-9 Fri 4:00 pm – 5:00 pm

Y Members: \$42/6 hrs Non-Members: \$72/6 hrs

___ Grades 7-9 Sat 1:00 pm – 2:30 pm

Y Members: \$63/9 hrs Non-Members: \$108/9 hrs

___ HS Try Out Team Sat 1:00 pm – 2:30 pm

Y Members: \$63/9 hrs Non-Members: \$108/9 hrs

___ Tourney Team** Mon, Wed, Thu 4:00 pm – 6:00 pm

2 day: Y Members: \$126/24 hrs Non-Members: \$216/24 hrs

3 day: Y Members: \$210/36 hrs Non-Members: \$360/36 hrs

___ Tourney Team** Sat 2:30 pm – 4:00 pm

Y Members: \$63/9 hrs Non-Members: \$108/9 hrs

___ Grades 9-12 Sun 7:00 pm – 8:30 pm

Y Members: \$63/9 hrs Non-Members: \$108/9 hrs

** Coach recommendation REQUIRED for Tourney Teams

Location: Y Main Facility, 3000 Racquet Club Drive

Dates: Spring 1 (6 weeks) Week of Apr 4 – Week of May 9

Spring 2 (4 weeks) Week of May 16 – Week of Jun 6

Summer 1 (6 weeks) Week of Jun 20 – Week of July 25

Summer 2 (4 weeks) Week of Aug 1 – Week of Aug 22

PRIVATE TENNIS LESSONS

USPTA certified professionals are available for private or semi-private lessons. Call to schedule.

Fee: Y Member \$40/hr, Non-member \$48/hr

Semi-private lessons also available at the same rate split among 2- 3 participants

FOR HEALTHY LIVING ADULT TENNIS

← SESSION DATES ON PAGE 10

COURT FEES:

YMCA members may reserve courts up to one week in advance. Non-members may not reserve courts and must purchase a day pass in addition to court fees when playing with a member. All fees must be paid at the front desk before playing.

CONTRACT COURT TIME:

To be assured your same court & time each week, we offer Contract Court Time for Fall and Winter. YMCA Members only. Call Barb Beckett at 933-YMCA (9622) for Contract Court availability. Contract Court offered in 17 week sessions beginning week of Sep 5 & Jan 2

PRIVATE TENNIS LESSONS

USPTA certified professionals are available for private or semi-private lessons. Call to schedule.

Y Member Fee: \$40/hr

Non-member Fee: \$48/hr

Semi-private lessons also available at the same rate split among 2- 3 participants.

BALL MACHINE RENTAL: Pay court fee plus \$2 per hour.

COURT RENTAL FEES:

Indoor Courts:

Mon - Fri 6 - 8 am Members FREE

Mon - Fri 8 - 9 am \$12/hr

Mon - Fri 9 am - 5 pm \$16/hr

Mon - Fri 5 - 9 pm \$18/hr

Sat 8 am - Noon \$18/hr

Sun 1- 9 pm \$18/hr

Outdoor Courts:

Fee: Members: FREE

Non-Members: \$2/hr/person

ADULT GROUP TENNIS LESSONS

___ Intermediate Wed 10:30 am - Noon

___ Intermediate Thurs 8:00 pm - 9:30 pm

Y Members: \$63/9 hrs Non-Members: \$108/9 hrs

___ Advanced/Int Wed 9:00 am - 10:30 am

Y Members: \$63/9 hrs Non-Members: \$108/9 hrs

ADULT TENNIS LEAGUES

___ Mon AM League Mon 9:00 am - 11:00 am

Y Members Only: \$60/14 hrs - Balls provided

___ Thu League Thurs 2:00 pm - 4:00 pm

Y Members Only: \$60/14 hrs - Balls provided

ADULT CARDIO TENNIS

___ Tue 10:00 am - 11:30 am or Wed 10:30 am - Noon

Y Members: \$63/9 hrs Non-Members: \$108/9 hrs

___ Thu 9:00 am - 10:00 am or Wed 10:30 am - Noon

Y Members: \$42/6 hrs Non-Members: \$72/6 hrs

FREE TENNIS FOR Y MEMBERS!

Y Members play tennis free 6:00 - 8:00 am Mon - Fri

Teen Members also free 6:00 - 9:00 pm 2nd & 4th Sat!



Due to limited availability (We need to build the New Y Now!), registration for each new session of group tennis lessons and leagues will be subject to the following rules:

1. YMCA members currently enrolled in a group tennis lesson or league may register up to six weeks in advance for the next session. Note: lessons run on a 6 week schedule; leagues run on a 7 week schedule.
2. Other YMCA members may register for a group tennis lesson or league up to one month in advance of each session.
3. Non-members may register for group tennis lessons up to three weeks in advance of each session.
4. Registration is not complete and a spot cannot be reserved until all fees are paid.

FOR HEALTHY LIVING

page 12

ADULT FITNESS

CHILD WATCH

The Grand Traverse Bay YMCA provides four fitness areas, classes, and trained staff to provide members and the public with solutions unique to their fitness needs.

Choose between four distinct fitness areas: (Free to members!)

STRENGTH & CARDIO:

14-piece strength circuit features selected machines by Body Power, complemented by three screen Broadcast Vision entertainment for our cardio equipment: four treadmills, four stair steppers, three bikes, and three elliptical machines.

FREE WEIGHTS:

Benches and squat rack for lifting in a semi-private setting. Check out our new rubberized flooring!

AEROBICS STUDIO:

Soft wood floor for dance & aerobics, as well as special fitness programs utilizing hand weights, resistance tubes, and exercise balls.

CIRCUIT TRAINING ROOM:

Complete circuit training room upstairs in main facility offers users the benefit of a complete workout in a nice, private, large room.

Group or individual training fees:

\$36/hr members, \$48/hr non-members

CHILD WATCH SERVICE:

The YMCA offers babysitting for ages birth - 7 years during aerobics hours only. Parents must be on the premises for children to use this service.

Days/Times:

Monday - Friday 9:00am - 1:00pm

Monday - Thursday 4:00pm - 7:30pm

Times are subject to change with no notice.

Fee: YMCA Members FREE Non-members \$3 per child/visit



PERSONAL TRAINING:

Work one-on-one with a Certified Personal Trainer to assess your current fitness level and develop a program to meet your personal fitness goals. Please visit the Main Facility Front Desk to schedule a personal training session

Group or individual training fees:

\$36/hr members, \$48/hr non-members

The Y provides a variety of group exercise opportunities. All FREE to YMCA members.

Location: Main Facility, 3000 Racquet Club Dr

Y Members Fee: FREE **Non-member Fee:** \$10

C.S.I. CARDIO STRENGTH INTERVALS

This class puts it all together.

Days/Session: Mon & Wed

Times: 9:30 – 10:30 am

BOOT CAMP

Get a fast-paced workout with no two classes alike.

Days/Time: Fri 9:30 – 10:30 am

Mon & Wed Noon–1:00pm

TOTAL BODY CONDITIONING (TBC)

Increase the heart rate while sculpting those muscles.

This one-hour class combines strength training and aerobics to give you a workout worth talking about.

Days/Session: Mon & Wed

Times: 5:30 – 6:30 pm

Y PILATES

Pilates is a great way to firm and tone, de-stress, and rejuvenate your spirit, mind and body. Non-impact technique make for a class anyone can benefit from!

Days/Sessions: Tue & Thu

Times: 5:30 – 6:30 pm

New!

Y POWER X

This class will have participants tone and build muscles and gain endurance using weights and plyometric circuit training. No rhythm needed, just an attitude for hard work and a desire for great results! This hardcore strength and conditioning class is aimed to challenge even the fittest. So if you think you got what it takes to make it through an intense rip roaring program then ... BRING IT!

Days/Sessions: Saturdays

Times: 11:00 am – 12:30 pm

Note: No child care provided during this class.



TOTALLY TONE

Tone up by using several methods of strength training.

Days/Sessions: Tue and Thu

Times: 9:30 – 10:15 am

HARD "CORE"

All core, all the time. Spend a half hour of your morning hour strengthening the body's powerhouse, your core. All levels and all abilities welcomed.

Days/Sessions: Tue and Thu

Times: 10:15 – 10:45 am

Note: These two classes are scheduled "back-to-back" so that people can either take them separately or together.

New!

Y TRX @ TRAINING

Total Results Training. TRX Suspension Training delivers results with dynamic total body exercise that appeals to both men and women, no matter their fitness level and goals. Safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose.

Days/Times: Mon / 10:45 am – 11:30 am; Tue / 6:45 pm – 7:30 pm; Wed / 8:45 am – 9:30 am

Y Members: \$12 / 6 week session

Non-Members: \$72 / 6 week session

FOR HEALTHY LIVING

PICKLEBALL

NOON DROP-IN BASKETBALL

RACQUETBALL, HANDBALL & WALLYBALL

PICKLEBALL

Pickleball is played on a badminton sized court with a paddle and a plastic ball. Join the fun! Coed sport.

Location: YMCA Main Facility, 3000 Racquet Club Drive

Dates/Sessions: Mon, Wed, Fri

Times: Call Y for times - 933-9622

Y Member Fee: \$3 court fee per player

Non-member fee: \$10 day pass plus \$3 court fee per player

The Y has three indoor and three outdoor courts.

Check www.usapa.org for more information.



NOON DROP-IN BASKETBALL

Location: YMCA Main Facility, 3000 Racquet Club Dr

Dates/Sessions: Tue and Thu

Times: Noon - 2:00 pm

Y Member Fee: FREE

Non-member fee: \$10

RACQUETBALL, HANDBALL & WALLYBALL

Four courts available. Only members may reserve courts.

Location: YMCA Main Facility, 3000 Racquet Club Drive

Dates/Sessions: Open

Times: By reservation at 933-9622

Y Member Fee: FREE

Non-member fee: \$10 day pass plus \$5/hour court fee



FOR HEALTHY LIVING
Y SOFTBALL LEAGUES
MEN'S BASKETBALL LEAGUES
ADULT RECREATIONAL SOCCER

Y SOFTBALL LEAGUES

Location: GT County Civic Center Fields,
Traverse City

Women's League:

Registration Deadline: Apr 22

Fee: \$650 per team

Starting: May 9

League Dates: "A" and "B" on Tue, Wed, Thu

Coed League:

Registration Deadline: Mar 31

Starting Dates & Number of Teams in League:

Sun Competitive, May 1, first 20 teams

Sun Recreational, May 1, first 20 teams

Mon, May 2, first 9 teams

Fri, May 6, first 9 teams

Sun Fee: \$550 per team

Mon & Fri Fee: \$650 per team

Men's League:

Registration Deadline: Mar 31

Starting Date: Apr 25

Leagues and Play Dates:

Senior: Mon, B: Thu, C: Tue, D: Wed

Friday is for overflow

Fee: \$650 per team

Contact Barb Beckett, 933-9622 for more information.

Y MEN'S ADULT

SPRING BASKETBALL LEAGUE

Location: TC St. Francis Gym

Registration Deadline: Apr 1 - First 8 teams

Times: Sun Evenings

Season: Apr 10 - Jun 5

Fee: \$325 per team

Y MEN'S ADULT

SUMMER BASKETBALL LEAGUE

Location: Traverse City St. Francis Gym

Registration Deadline: Jun 1

Times: Sun Evenings

Season: Begins Jun 12

Fee: \$475 per team until May 23, \$500 per team thereafter.

All basketball games are officiated. Contact Barb Beckett, 933-9622 for more information.

Y ADULT SOCCER

Teams will form each night for recreational soccer games. Adults only. No upper age limit. Just for the fun of it!

MEN'S

Location: Y Main Facility Fields

Registration Deadline: May 27

Times: Thu 6:00 pm

Season: Jun 16 to Aug 11

Fee: \$25 per player

WOMEN'S

Location: Y Main Facility Fields

Registration Deadline: May 27

Times: Wed 6:00 pm

Season: Jun 15 to Aug 10

Fee: \$25 per player

All games are officiated. Contact Barb Beckett, 933-9622 for more information.

FOR HEALTHY LIVING

FAMILY NIGHTS

Looking for something fun and affordable to do with your family? Join us for Family Fun Nights at the YMCA!

Family Fun Nights bring your family together in a safe and fun environment to keep your kids smiling and your budget in check.

Family Fun Night Schedule

At the Main Y

Come join us for family friendly games of racquetball, basketball, tennis, ping pong, or test your virtual skills on the Wii game console. **All-you-can- eat** pizza, beverages, and snack provided.

Location:

Y Main Facility

3000 Racquet Club Dr

Dates/Sessions: First Friday each month

Times: 6:00 – 9:00 pm

Y Member Fee: FREE

Non-member fee: \$15 per family

At the Y Early Childhood Center

This night is geared toward families with younger children offering art projects, a huge gym, and Wii activities. **All-you-can-eat** pizza, beverages, and snack provided.

Location: Y Early Childhood Center

1100 Woodmere, Ste B

Dates/Sessions: Third Friday each month

Times: 6:00 – 8:00 pm

Y Member Fee: FREE

Non-member fee: \$15 per family.

Go to www.qtbayymca.org for themes and exact dates.



FOR SOCIAL RESPONSIBILITY FACILITY RENTALS VOLUNTEER, GIVE, LIVE

YMCA FACILITY RENTALS

The YMCA is the place to go for large venue activities, youth lock-ins, retreats or just a few hours! You may rent in advance all or part of our facility for a group of any size. We offer canoeing, kayaking, tennis, roller hockey, basketball, racquetball, wallyball, volleyball, and many other activities for fun and exercise. Ask for a Facility Rental Brochure at the YMCA front desk, go to the web site at www.gtbayymca.org or call 933-9622 .

Some examples:

- *Present Truth Ministries of TC meets at the YMCA Early Childhood Center Sunday afternoons at 2:30 pm for a non-traditional time of worship and teaching.*
- *A school is using our workout and fitness areas for a special physical education class.*
- *Churches have rented the facilities for various youth ministry activities including "lock-ins".*
- *Groups like pickleball enthusiasts rent court time to play this fast-paced, growing sport.*



VOLUNTEER, GIVE, LIVE

VOLUNTEER

Coaches, baby rockers, chaperones, committee members, building & grounds ... there are plenty of opportunities to volunteer your time and talent to the over 65 programs of the Y. Check out our website and click "Volunteer" on the program list for many and varied opportunities.

GIVE

INVEST IN YOUTH

Your annual donation to our *Invest in Youth Appeal* gives the opportunity to kids, families, and seniors to fully participate in all our programs. Check out our website and download a donation form for your gift.

THE NEW Y CAPITAL CAMPAIGN

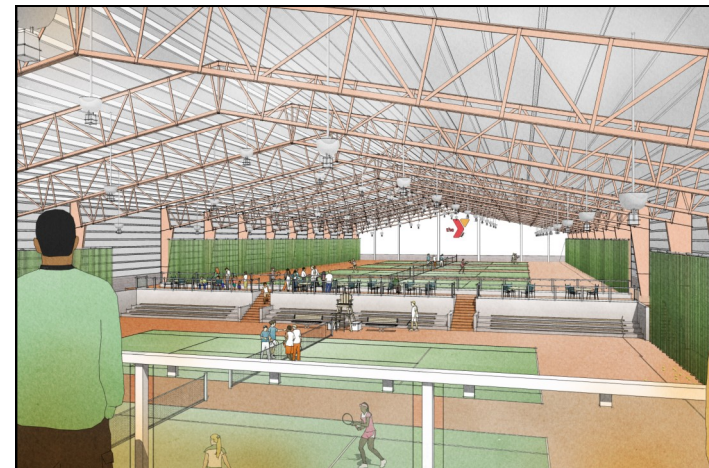
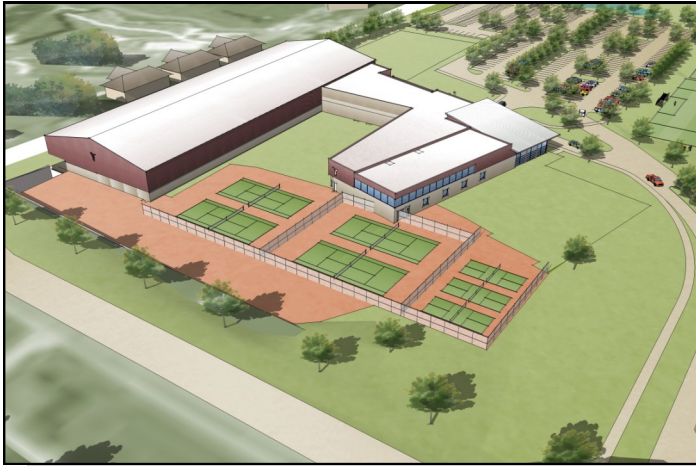
Your donation and pledge to the New YMCA will help us build the new Y on Silver Lake Road. Click www.4good4ever.org to make a donation now. Call 935-4066.

We thank our 359 volunteers in 2010 who gave 28,349 hours worth \$574,067 in service to help the Grand Traverse Bay YMCA promote its Judeo-Christian mission to our region!!

FOR SOCIAL RESPONSIBILITY THE NEW Y

page 18

For kids, families, communities.
The new Y.



We are building the New Y so that:

- 4,000 more people from our region will enjoy a full service family-oriented recreational facility.
- We can fight youth obesity in our region and serve an additional 1,000 families in their life of fitness.
- 2,000 children will learn to swim each year in our 4-pool aquatics facility.
- We can meet the demand for indoor tennis facilities in our area.
- 1,000 teens each weekend will have a safe, positive place to grow.
- We can serve some 35,000 program users each year.

Can you?

GIVE

A gift or multi-year pledge?

www.4good4ever.org or call 935-4066

VOLUNTEER

Host a party? Serve on a support group?

Call the Y at 933-9622

PRESENT

Arrange a New Y presentation at your work, group, service club, or faith community?

Call the Y at 933-9622

Needed to reach campaign goal:

\$6,000,000

www.qtbayymca.org



Universal Registration Form

Program			
Program Dates/Season Dates:			
Participant Name			
Email		<input type="checkbox"/> Y Member	<input type="checkbox"/> Male
		<input type="checkbox"/> Non Member	<input type="checkbox"/> Female
Address			
City, State, Zip			
School		Grade	Date of Birth
Mother/Guardian		Father/Guardian	
Address		Address	
City, State, Zip		City, State, Zip	
Home Phone	Cell Phone/Emergency	Home Phone	Cell Phone/Emergency
Special Needs/Health Concerns (include medications)			
Special Request (coach, teammate, etc.)		Please contact me to volunteer as a:	
		<input type="checkbox"/> Coach <input type="checkbox"/> Assistant Coach <input type="checkbox"/> Photographer/Videographer	

STAFF USE ONLY

Form of payment:

Program # _____

Cash

Check # _____

CC # _____

CC Expiration Date _____

Amount Paid _____ (including late fee) Date Received _____ Staff Init _____

RETURN FORM TO:
Grand Traverse Bay YMCA
3000 Racquet Club Dr
Traverse City, MI 49684
933-YMCA (9622) Front Desk
947-0651 (Fax)
www.gtbayymca.org

GRAND TRAVERSE BAY YOUNG MEN'S CHRISTIAN ASSOCIATION

Official Registration Form

Release and Waiver of Liability and Indemnity Agreement

IN CONSIDERATION of being permitted to utilize the facilities, services and programs of the YMCA (or for my children to so participate) for any purpose, including, But not limited to observation or use of facilities or equipment, or participation in any off-site program affiliated with the YMCA, the undersigned, for himself or herself and such participating children and any personal representatives, heirs, and next of kin, hereby acknowledges, agrees and represents that he or she has, or immediately upon entering or participating will, inspect and carefully consider such premises and facilities or the affiliated program. It is further warranted that such entry into the YMCA for observation or use of any facilities or equipment or participation in such affiliated program constitutes an acknowledgement those premises and all facilities and equipment thereon and such affiliated program have been inspected and carefully considered and that the undersigned finds and accepts same as being safe and reasonably suited for the purpose of such observation, use or participation by the undersigned and such children. In further consideration of being permitted to enter the YMCA for any purpose including, but not limited to observation or use of facilities or equipment, or participation in any off-site program affiliated with the YMCA, the undersigned hereby agrees to the following:

1. THE UNDERSIGNED ON HIS OR HER BEHALF AND BEHALF OF SUCH CHILDREN, HEREBY RELEASES, WAIVES, DISCHARGES AND CONVENANTS NOT TO SUE the YMCA and all branches thereof, its directors, officers, employees, and agents (hereinafter referred to as "releases") from all liability to the undersigned or such children and all his personal representatives, assigns, heirs, and next of kin for any loss or damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned or such children whether caused by the negligence of The releases or otherwise while the undersigned or such children is in, upon, or about the premises or any facilities or equipment therein or participating in any program affiliated with the YMCA.
2. THE UNDERSIGNED HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the releases and each of them from any, loss, liability, damage or cost they may incur due to the presence of the undersigned or such children in, upon, or about the YMCA premises or in any way observing or using any facilities or equipment of the YMCA or participating in any program affiliated with the YMCA whether caused by the negligence of the releases or otherwise.
3. THE UNDERSIGNED HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH, OR PROPERTY DAMAGE to the undersigned or such children due to negligence of releases or otherwise while in, about or upon the premises of the YMCA and/or while using the premises or any facilities or equipment thereon or participating in any program affiliated with the YMCA.

The undersigned gives permission to the Grand Traverse Bay YMCA for this registrant to appear in photographs, videotapes, or other media, etc., associated with YMCA programs. *PARENTS: Our staff is trained in child abuse prevention and all staff sign a code of conduct. Please report any suspicious activity immediately.* The undersigned agrees to abide by the Program Refund Policy as stated in the YMCA quarterly Program Brochure. Refunds will be made in the form of program credits unless otherwise approved and requests for refunds must be made in writing prior to the program start date. Late fees are non-refundable.

The Grand Traverse Bay YMCA is founded on Christian principles and values and prohibits inappropriate behavior, conduct, and materials. This includes, but is not limited to, profanity or abusive language, attire, smoking, use of alcohol or drugs, weapons, fireworks, pornography, the removal or misuse of YMCA property, or criminal conduct of any type. Such inappropriate behavior, conduct, or materials is unacceptable and the YMCA consequently retains the right to deny memberships and program participation to its applicants and to revoke a membership of any current member or participant at its sole discretion. Pets are not allowed at YMCA facilities or off-site program locations. All program participants, guests, and members who are minors are not allowed to leave YMCA property unless accompanied by a relative or pre-authorized guardian. Some programs require personal equipment not supplied by the YMCA. Further, the undersigned will at all times display the YMCA values of Honesty, Respect, Caring, and Responsibility and encourage the efforts of all players, coaches, spectators and referees in a positive manner. The undersigned understands the Y mission in offering this program: *to build strong kids, strong families, and strong communities.*

THE UNDERSIGNED further expressly agrees that the foregoing RELEASE WAIVER AND INDEMNITY AGREEMENT is intended to be as broad and inclusive as is permitted by the law of the State of Michigan and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect. THE UNDERSIGNED HAS READ, UNDERSTOOD AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, and further agrees that no oral representations, statements or inducement apart from the foregoing written agreement have been made.

YMCA PROGRAMS ARE NOT SPONSORED BY OR ASSOCIATED WITH TCAPS OR GTACS

Signature of Applicant/Parent: X _____

Date: _____

Signature of Child in Program: X _____

Date: _____



The Grand Traverse Bay YMCA would like to thank our advertisers for making this publication possible.
3000 Racquet Club Drive, Traverse City, MI 49684 | 933-YMCA (9622) | www.gtbayymca.org